

AVB PR's t/m 13 oktober 2019		800m	1500m	3000m	5000m	10 km	15 km	16,1 km	21,1 km	30 km	42,2 km
Ben	Arum van	2:35:00	5:21:00	0:11:42	0:20:42	0:43:42	1:11:44	1:11:46	1:39:34	-	-
Hugo	Bakker	-	-	-	0:22:28	0:48:30	-	-	-	-	-
Paul	Bakker	-	5:35:00	0:11:51	0:20:41	0:43:25	-	1:11:58	1:36:35	2:29:06	3:32:52
Inge	Beem van	3:16:00	6:33:00	0:13:50	0:23:40	0:49:22	1:21:38	1:25:26	1:54:02	3:00:57	4:24:42
Jacques	Bender	3:37:00	7:29:00	0:30:54	-	-	-	-	-	-	-
Cees	Beusekom van	5:01:00	10:14:00	0:20:08	0:37:22	-	-	-	-	-	-
Suze	Beusekom van	4:10:00	8:56:00	0:17:35	0:33:40	-	-	-	-	-	-
Charles	Borgsteede	3:10:00	6:27:00	0:13:48	0:22:42	0:50:25	-	-	-	-	4:22:00
Leo	Bosch	-	-	-	-	-	1:15:00	1:37:01	1:49:37	-	-
Petra	Bosch	3:21:00	-	-	-	0:51:30	-	1:35:27	-	-	-
Ineke	Brouwer	3:54:00	7:36:00	0:16:23	0:26:05	0:55:55	1:28:02	1:28:00	2:08:05	3:29:56	4:46:21
Irene	Bultink	-	-	-	-	-	-	-	-	-	5:43:59
Herwin	Denderen van	3:41:00	7:29:00	0:16:36	0:26:58	-	1:23:33	1:34:21	1:59:45	3:02:30	-
Henk	Dijk van	2:52:00	5:55:00	0:13:04	0:22:18	0:44:56	1:11:44	1:16:59	1:42:54	2:29:42	3:57:51
José	Dooren van	4:22:00	7:43:00	0:16:04	0:27:33	0:53:26	1:22:05	1:32:33	1:57:18	3:36:30	4:27:59
Yvonne	Egberts	5:44:00	-	-	0:31:43	-	-	-	-	-	-
Roy	Fijnhaar	2:31:00	5:20:00	0:11:24	0:19:30	0:40:43	1:07:30	1:09:38	1:30:00	-	3:22:17
Yvonne	Frijters-Schönhage	3:55:00	-	0:16:41	0:26:11	0:56:53	-	-	-	-	-
Ineke	Galiën-Kok van der	3:41:00	7:07:00	0:15:11	0:26:32	0:53:09	1:27:05	1:32:54	2:01:00	-	4:48:50
Anita	Geurs	5:07:00	-	-	0:30:26	-	-	-	-	-	-
Jenny	Groenewoud	-	6:56:00	0:14:51	0:23:53	0:48:18	-	1:22:04	1:52:13	2:49:05	4:17:11
René	Groenewoud	-	5:18:00	0:11:49	0:19:43	0:40:44	-	1:08:25	1:30:35	-	3:27:57
Erik-Jan	Gunnink	-	-	14:21:00	-	-	-	-	-	-	-
Pim	Hamers	2:41:00	-	11:09:00	0:18:58	-	-	-	-	-	-
Yuen-On	Ho	2:49:00	5:47:00	0:12:09	0:21:23	0:47:01	1:14:00	1:17:45	1:43:56	-	3:59:41
René	Hoogakker	3:13:00	6:34:00	19:02:00	0:24:23	-	-	-	-	-	-
Robert	Horde de	3:29:00	-	0:16:01	-	-	-	1:31:04	2:08:26	-	-
Ellen	Hulsbergen Henning	4:04:00	-	-	0:27:48	0:57:46	-	-	-	-	-
Jos	Huppelschoten	2:49:00	5:36:00	0:11:52	0:20:46	0:44:22	-	1:15:12	1:37:50	-	-
Harry	Jansen	-	5:58:00	0:12:39	0:22:10	-	-	1:17:16	1:39:42	-	3:38:00
Tjebbe	Jong de	-	7:04:00	0:16:37	0:26:52	-	1:25:03	-	-	-	-
Stefan	Kamp	-	7:04:00	0:16:49	0:29:40	-	-	-	-	-	-
Jeroen	Kes	3:31:00	6:24:00	0:14:23	0:25:17	-	-	1:35:23	2:07:31	-	-
Ron	Kleef	2:46:00	5:47:00	0:12:18	0:21:06	0:44:53	1:08:42	1:17:20	1:44:10	-	-
Quant	Koese	2:34:00	5:17:00	0:11:26	0:20:06	0:44:23	1:06:55	1:16:17	1:40:11	-	-
Jaap	Koning	2:53:00	5:14:00	0:10:57	0:18:44	0:37:07	0:59:33	1:04:04	1:25:16	2:08:10	3:19:25
Lia	Kooter	-	6:25:00	0:14:36	0:23:15	0:49:50	-	1:24:03	1:49:04	-	-
Ingrid	Lagendijk	-	-	0:16:40	-	-	-	-	-	-	-
Inger	Leeuwen van	-	-	-	-	0:56:57	-	1:39:36	-	-	-
Pieter	Linde van de	3:49:00	7:36:00	0:18:31	0:28:27						
Gisela	Liew	4:24:00	-	-	-	-	-	-	-	-	-

